



MIND THE GAP

**HOW DO WE REDUCE THE GAP
BETWEEN US AND OUR
INCREASINGLY INDEPENDENT
CHILD?**



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What is the gap?








The pull that parents feel between letting their 'tweenagers' go and grow and keeping them safe.



*'Our job as parents is not only to keep them safe but to set them up to be adults who can go out in the world and **communicate effectively** with others; who are **respectful** of themselves and others; who can **show empathy**; who are **self-motivated**; able to **make decisions** and **take responsibility** for those decisions; who are, in short, **emotionally intelligent** and, therefore, **well placed to become the best adults they can be.**'*

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Common challenges

-  Handling your tween changing
-  Battles to do homework
-  Helping your tween to master organisation
-  Screen time skirmishes!
-  Encouraging healthy eating
-  Getting to school on time!
-  Bedtime and sleep.



Handling your tween changing

- 📌 Talk to your tween and more importantly listen
- 📌 Give warnings about consequences
- 📌 Try to maintain a routine
- 📌 Create new rituals
- 📌 Offer choices where possible to give your tween a sense of independence
- 📌 Let them be upset at times
- 📌 Focus on positives.









The battle to do homework

- Timing - help outline when homework should be tackled and how long should be spent on it
- Consult 'Show My Homework' and the 'Prep Diary' to understand what the task entails
- Encourage your tween; give support and guidance if it is needed
- Talk to your tween about choosing quality over quantity
- Communicate
- Facilitate your tween's independence. Let go!










Organisation is key

-  Name everything!
-  Encourage independence, responsibility and ownership
-  Encourage your tween to use checklists
-  Break tasks into chunks
-  Be clear and use positive prompts
-  Establish daily routines.









Screen time skirmishes

-  Set a good example yourself!
-  Be present
-  Establish ground rules, and stick to them!
-  Keep screens out of bedrooms and charge in a central area
-  Communicate
-  Stop using screens at least 1 hour before bedtime
-  Encourage other activities.










The importance of nourishment

-  Prioritise breakfast
-  Encourage a variety of food groups
-  Aim to have all the colours of the rainbow on your tween's plate
-  Advocate a balanced diet, which includes treats sometimes
-  Consult the school menus with your tween and help to identify things you know they will like
-  Encourage your tween to drink plenty of water.



Getting to school with no drama

-  Get to bed on time
-  Get organised the night before
-  Establish a routine, and stick to it
-  Keep calm
-  Encourage your tween to use checklists
-  No screens or TV before school
-  Encourage independence; let your tween go and teach them about consequences.



Bedtime and Sleep

- 📌 No screens at least 1 hour before lights out
- 📌 Establish an evening routine, and stick to it
- 📌 Include some reflection or relaxation in the routine, such as keeping a diary, reading a book, having a chat
- 📌 Keep regular sleep and wake times
- 📌 Ensure your tween's sleeping environment is comfortable
- 📌 7-12 year olds should aim to get 9-10 hours sleep per night.





Remember

There is no such thing as the perfect parent
and as a child you wouldn't want one!



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